



Division of
Mental Health
and Addictions.

Logansport State Hospital

The Spectrum

Health Information Professionals' Week

March 22-28, 2015

Thank you, **Health Information Services Department**, for your dedication and professionalism as you represent Logansport State Hospital.

Robert E. Clover,
Superintendent



HIS Department L-R: Cheryl Nance, Sonya Ulery, and Holly Knight

In this issue:

Health
Information
Professionals'
Week.... Cover

Poster Winner
..... 2

National
Volunteer Week
..... 3

Policy Updates
..... 4

Changes..... 4

Wellness
Initiative
Committee
Communication
..... 5 - 8

Culinary Corner
..... 9 & 10

Arts~n'~facts
..... 10

Who Am I?
..... 11

Vol. 25, No. 4
April
2015

Safety Poster Winner



Pictured L-R: Security Site Supervisor, Gerald Gibbs (L), Security Officer and Poster Winner, Ashley Braatz (C), and Safety Hazard Manager, Herb Detrick

Every year the Securitas Fort Wayne Branch Office holds a Safety Poster Contest for all of the officers to participate in. Officers are invited to design an 8 ½ x 11 Safety Poster. The poster can be hand drawn or computer designed. All posters are submitted to the Branch Officer where we have a “guest” judge come in and judge the posters. The top three designs are chosen. First place receives \$250.00, second place receives \$100.00 and third place receives honorable mention. All three are then utilized as the main Safety Poster for the year. The main safety poster is distributed to over 60 of our client facilities in Northeast Indiana and is displayed in the Security area at each site.



Photo Provided

Securitas USA Field Manager, Jim Harris (L) displays winning posters with Security Officer, Ashley Braatz (R).



Poster Creation by Ashley Braatz

Ashley Braatz submitted a safety poster and was selected as the 2nd place winner for 2015. She received \$100.00, a pizza party and a copy of the main safety poster.

Respectfully,

Angela Richey | Human Resources Manager
Securitas USA | Mid-Atlantic Region/Indiana Area/Fort Wayne.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin MonroeEditor & Photographer	...ext. 3803
Chris TaylorComm. Servicesext. 3709
Brian NewellLibrarianext. 3712
Jani ForemanStaff Developmentext. 3800



Michael R. Pence, Governor
State of Indiana

Logansport State Hospital
Division of Mental Health and Addiction

1098 S. State Road 25
Logansport, IN 46947-9699
574-722-4141
FAX: 574-737-3900
TDD: 574-732-0069



Each year, in the month of April, we set aside time to honor the extended “family” of Logansport State Hospital, our volunteers. I want to personally express my gratitude to all of those who unselfishly dedicate their gifts and abilities on our behalf. You invest your time, give from your resources, and provide strength and hope to this organization. I know many of you would respond saying you are grateful for the opportunity to improve the quality of life for others. You don’t volunteer your time in hope of recognition, but rather in hope of making a difference. You humbly give, remaining steadfast in your dedication. You may not be aware of the example you are setting, not only to those you serve, but also to those who observe your generosity. You have a genuine heart for people and many lives have been touched by your kindness. You inspire and encourage all of us to pay forward the blessing. You are the heartbeat of this organization, and so many others. I am encouraged each year, knowing the community supports our efforts in providing hope and healing. Thank you, volunteers, we are a stronger and more effective organization as a result of your service!

Sincerely,

A handwritten signature in black ink, which appears to read "Robert E. Clover".

Robert E. Clover,
Superintendent

www.IN.gov/fssa
Equal Opportunity/Affirmative Action Employer



Policy Updates

The following attached policies were updated this month:

- A-01 Notification of Unusual Incidents (*changes include the revised DMHA Notification of Reportable Incident Form and Memo and contact info*)
 - A-20 Anatomical Gifts Policy (*changes to the name of the organization for human organ procurement – Indiana Donor Network*)
 - A-45 Contraband Policy (*no changes*)
 - A-53 Forensic Review Board (*no changes*)
 - H-11 Solicitation of Employees (*changes permitting staff to be on site before or after shift in coordination and with permission of direct supervisor*)
 - IM-07 Minimum Necessary (*no changes*)
 - IM-11 Uses and Disclosures for Which Authorization or Opportunity to Agree or Object is Not Required (*changes include language covering the intent and requirements for obtaining PHI for research purposes*)
-

New Staff, Separation from LSH & Classification Changes

Please introduce yourself and welcome new Staff at Logansport State Hospital.

New Staff:

Cortney A. Carter	-	Behavioral Clinician-IRU
Melissa K. Benish	-	Secretary-LTC
Lavona J. Howerton	-	Communications Operator

LSH Wellness Initiative Committee Communication

Stress Awareness Month

Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society. (<http://stressawarenessmonth.com/>)

According to the US Department of Health and Human Services,

**“Take time
to unwind...**

**It's healthy to relax,
Renew, and rejuvenate**



Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response

The sympathetic stress response is a survival mechanism that's "hard wired" into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response – but, unfortunately, so can work conflicts, worry over debt, bad memories, or anxiety. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible.

Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal- professional growth and set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to make time for fun and relaxation so you'll be better able to handle life's stressors. Carve some time out of your day – even 10 to 15 minutes – to take care of yourself. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Feeling Overwhelmed

If you're feeling overwhelmed by the stress in your life, you can contact your EAP (Employee Assistance Program) for support. Offering short-term counseling, the EAP can help you and your family members deal with many of life's challenges, including help with work, family, personal matters, and sometimes legal and financial issues, too."

(<http://www.foh.hhs.gov/calendar/april.html>)

The link to Logansport State Hospitals Employee Assistance Program is located on the Intranet on the right hand side.



According to Anthem's Employee Assistance Program Home page, (www.anthem.com) Anthem's Employee Assistance Program (EAP) is a confidential information, support, and referral service offering tools and resources designed to help maximize productivity and meet the challenges of modern life. As an employer-sponsored program, EAP services are available to employees and their household members at no additional cost to them. Areas frequently addressed by the EAP include:

- Child care and parenting
- Helping aging parents
 - Financial issues
 - Legal concerns
 - Work and career
- Emotional well-being
- Addiction and recovery
- Wellness and prevention
- Concierge and convenience services
 - Life events

(http://www.anthem.com/wps/portal/ahpeap?content_path=eap/noapplication/f1/s0/t0/pw_ad065914.htm&rootLevel=0&label=Welcome)

April 7: 2015 World Health Day Focus Food Safety

According to the World Health Organization (WHO)



Unsafe food is linked to the deaths of an estimated 2 million people annually – including many children. Food containing harmful bacteria, viruses, parasites or chemical substances is responsible for more than 200 diseases, ranging from diarrhea to cancers.

New threats to food safety are constantly emerging. Changes in food production, distribution and consumption; changes to the environment; new and emerging pathogens; antimicrobial resistance - all pose challenges to national food safety systems. Increases in travel and trade enhance the likelihood that contamination can spread internationally.

The topic for World Health Day 2015 is food safety

As our food supply becomes increasingly globalized, the need to strengthen food safety systems in and between all countries is becoming more and more evident. That is why the WHO is promoting efforts to improve food safety, from farm to plate (and everywhere in between) on World Health Day, 7 April 2015.

WHO helps countries prevent, detect and respond to foodborne disease outbreaks - in line with the *Codex Alimentarius*, a collection of international food standards, guidelines and codes of practice covering all the main foods and processes. Together with the UN Food and Agriculture Organization (FAO), WHO alerts countries to food safety emergencies through an international information network.

Five keys to safer food

Food safety is a shared responsibility. It is important to work all along the food production chain – from farmers and manufacturers to vendors and consumers. For example, WHO's *Five keys to safer food* offer practical guidance to vendors and consumers for handling and preparing food:

- Key 1: Keep clean
- Key 2: Separate raw and cooked food
- Key 3: Cook food thoroughly
- Key 4: Keep food at safe temperatures
- Key 5: Use safe water and raw materials.

World Health Day 2015 is an opportunity to alert people working in different government sectors, farmers, manufacturers, retailers, health practitioners – as well as consumers – about the importance of food safety, and the part each can play in ensuring that everyone can feel confident that the food on their plate is safe to eat.

<http://www.who.int/campaigns/world-health-day/2015/event/en/>



Sincerely,
LSH Wellness Committee Members
Cynthia Bruce, Adaline Cunningham, Becky Dutton, Juanita Jackson,
Michael Jefferson, Rena Magers, Darrin Monroe, Sarah Rutschmann,
and Kathy Patter

Culinary Corner

SOUTH OF THE BORDER BURRITO



MENU

SOUTH OF THE BORDER BURRITO
3 CHERRY TOMATOES AND 2 CARROT STICKS
ICED TEA

INGREDIENTS

- 1 (8-inch) wholewheat tortilla
- ½ cup drained and mashed, cooked or canned pinto beans
- Salsa
- 1 TBSP chopped canned, green chiles
- Lettuce leaf
- ½ small cucumber, peeled and sliced lengthwise into sticks
- Alfalfa sprouts (optional)

DIRECTIONS

- Heat tortilla until soft (see instructions on package)
- Spread pinto beans on tortilla
- Spoon on salsa and green chiles
- Place lettuce leaf in center of tortilla, with cucumber slices and sprouts
- Roll up to enclose filling

Richard Simons Deal-A-Meal

231 calories

20s: Get Cooking

In your 20s you may be living on your own for the first time, without family or a campus meal plan to help you eat well. The most important thing you can do is learn not only how to cook, but to make healthy choices in what you cook.

“If you want to eat right, then you have to know how to cook right”. This is the time to set the stage for a healthy lifestyle.

Oh, it is easy to the short cuts of fast food and beer – but stop and think, high with fat content and empty calories and then your nutrition will fall right off.

So be smart, start making healthy choices now and it will just fall into place in your later years. Shop for meal kits, which contain all or most of the ingredients for preparing a meal at home, packaged together for convenience.

Experiment, if at first you don't succeed try again!

Ramona Weiss

Culinary Corner

Next issue deals with the 30's

Ref: My Kroger Plan

Arts-'n-facts

Longcliff Museum Art-'n-facts 1960's
1158 Patients To Receive Easter Gifts

A total of 1,158 female patients at the Logansport state hospital will received free Easter finery next Tuesday in the annual "Operation Easter Bonnet" sponsored by the Mental Health Associations in Cass and neighboring counties.

More than 50 Gold Ladies from this area will gather in the auditorium of the Activity Therapy building to operate the free "shop" for the patients.

Although contributions have been lagging, the number of hats, purses, jewelry, and other accessories received by the Mental Health Association for this purpose has been increasing in the last few days.

All of the female patients will receive at least one item for Easter. Those who are unable to go to the auditorium to select their gift will receive it from the Gold Ladies in their own wards.

Saturday is the deadline for contributions of hats and other items. They may be left at the local telephone company office or the Mental Health office. Logansport Pharos-Tribune (April 8, 1965).

Who Am I?

Can you guess who the child riding a bike on the right is? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by May 21, 2015.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Boosters, for a chance to win a free one dollar certificate from McDonald's.

Winner Will Be Announced In The Next Spectrum.



Superintendent, Rob Clover (L) congratulating Pam Hunt (R) for her years of service.



Congratulations to Duane Brubaker for guessing Superintendent, Rob Clover pictured as the last "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.